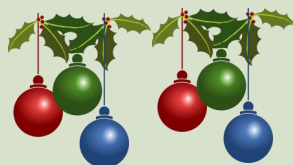
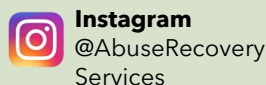


Contact ARMS

National Office
503-846-9284

National Toll-Free
866-262-9284

www.abuserecovery.org



Holiday shopping?

When you shop online through Amazon Smile, a portion of your spending goes directly to help fund our programs.

Visit smile.amazon.com and select ARMS as your nonprofit of choice!



Breaking Point by Tricia, a HJ participant

Tricia reached a breaking point in her abusive marriage when her abuser turned aggressive and physical one day. Tricia knew in that moment she needed to take the kids and leave. This wasn't the first time Tricia knew something was wrong. She hadn't felt joy in a long time, as she was weighed down with the responsibility of raising their four kids—the youngest having barely turned one—without his help. She was numb.



After a friend pointed out the abuse, Tricia denied it and told herself there were other reasons why he behaved that way. This changed when she learned the 15 Warning Signs of an Abusive Relationship and realized at that point that not only had she been living in an abusive relationship, but that she had entered it on their very first date all those years ago. The warning signs were there even in the beginning.

“Keep pressing in because God is for you. You are resilient.”

It wasn't long until ARMS was brought to her church. She went through Her Journey three times back-to-back, gaining something new each time as God revealed more and more of His precious truth to her. Her kids became adamant about her returning to the group each week because even they were seeing a difference: she was joyful again.

Tricia worked hard on her healing, which allowed her to pour into her family and lean into her calling. She began to understand what it means to be fully loved by God and to grow with Him, and she found comfort knowing there was so much more to her story.

To join a Her Journey group, call the ARMS office Monday-Friday, 8-5pm PST, at 503-846-9284.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 14:27



ARMS

About ARMS

ARMS exists to bring healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships.

Our Programs

◇ Her Journey

Free, 15-week class to help women in their recovery from domestic abuse.

◇ ManKind

Classes for men who are abusive and controlling that provide the opportunity to learn how to have healthy relationships.

◇ Virtue

Classes for women who have used abusive/controlling behaviors, who may also be victims.

◇ Community Outreach

Trainings and support to the community around domestic abuse.

ManKind & HJ Leaders Needed!
Apply now!

Please email us at admin@abuserrecovery.org for more information.

Thank You!

To our 2020 Benefit Sponsors

Since the pandemic, you've helped make possible...

4,316

virtual and in-person sessions during COVID-19 (and counting)



693 women

attended Her Journey since March



37

active Her Journey groups



203 leaders

completed certification to lead groups

Figures represent Mar.1st, 2020 to Oct. 30th, 2020.

From the Desk of the Executive Director



– **Stacey Womack**
ARMS Founder & Executive Director

It is easy to focus our attention on the negatives over the last few months, but I want you to hear about some encouraging and exciting things that have been going here at ARMS.

Many organizations shut down either partially or entirely last March when the pandemic began, but you'll be proud to know that ARMS continued forward. While we had to shut down our in-person groups, we added twelve more virtual groups to the three that were already running. These virtual groups made it possible for victim/survivors nationally and internationally to access our services.

We currently have 37 weekly groups running, virtual and in-person combined. Since March, over 4300 have been in attendance in the Her Journey groups. More and more in-person groups are re-opening—three just in this last week!

We've continued to grow as well, with over 200 people completing the Her Journey Leadership training. We also held our first-ever men's intervention program training last month and revised our ManKind Facilitator Manual to send out to those who trained for the very first time in ARMS' history.

God is still moving ARMS forward. When God is for us, who can stand against us?!

If you'd like to make a difference in the lives of many in our communities who face abuse, please consider a gift to ARMS today. With your help we can continue to provide abuse recovery services during the pandemic.

Mail in a check to:
Abuse Recovery Ministry Services
P.O. Box 663
Hillsboro, OR 97123

Or visit www.abuserrecovery.org/give